Abstract of the Disclosure

An exercising system has a frame defining a space in which a user is positioned for performing a large number of different

5   exercises. Frame members have holes within which flexible bars are positioned, spanning across the machine, for low-impact exercising using the bars. In a preferred embodiment the bar-supporting frame members, or some of them, are adjustable in position so as to provide a nearly unlimited number of positions

10   for different users and for different exercises. A few of the many exercises facilitated by the system are described.